

RURAL DISTRICT OF EAST STOW.

REPORT OF MEDICAL OFFICER OF HEALTH FOR 1909.

To the Chairman and Members of the East Stow Rural District Council.

14TH JANUARY, 1910.

GENTLEMEN,

I have the honour of presenting to you my Thirteenth Annual Report on the Health of the East Stow Rural District, for the year ending 31st December, 1909.

Vital Statistics.

I have estimated the population of this District to the middle of the year 1909 as 5815, and based the following statistics on that number.

Birth Rate
26.3 per 1000. The number of Births registered was 153 (boys 79, girls 74), which gives a Birth Rate of 26.3 per 1000, compared with 26.0 per 1000 last year, and an average of 25.9 for the previous 10 years.

Nine of the Births were illegitimate (see Table I).

The Birth Rate for the Thedwastre District was 22.3, and for Stowmarket 23.7 per 1000.

Death Rate,
12.3 per 1000.

There were 85 Deaths (males 47, females 38) registered in the District during the year.

Of these Deaths 20 occurred in the Union Workhouse, 3 of these were of persons belonging to London, 7 to the Thedwastre District, 4 to the Stowmarket District, and 5 to the East Stow District; there were besides, 2 deaths in the County Asylum of persons belonging to this district. Deducting and adding these numbers, we get the correct number of Deaths for this District, viz. : 72, which is equal to a Death Rate of 12.3 per 1000, compared with 14.7 last year, and an average of 13.9 for the previous 10 years (see Table I).

The Death Rate for the Thedwastre District was 10.9 per 1000, and for Stowmarket 12.9.

Infant Mor-
tality, 71 per
1000 Births.

Of the total number of Deaths, 11 were of infants under 1 year of age, giving an Infant Mortality of 71 per 1000 Births, compared with 105 last year, and an average of 111 for the previous 10 years. (see Tables I and V).

The Infant Mortality for the Thedwastre District was 80, and for Stowmarket 70 per 1000 Births.

Zymotic
Death Rate,
Nil.

As last year, there were no Deaths from the 7 principal Zymotic Diseases.

This Rate for the Thedwastre District was 0.7 per 1000, and for Stowmarket 0.2.

Other Deaths.

Amongst the other Deaths occurring during the year (see Table IV) there were 8 caused by Phthisis, compared with 11 last year; 6 caused by Cancer, the same number as last year; 12 caused by Diseases of the Respiratory Organs, compared with 8 last year; 10 from Heart Diseases, compared with 12 last year; 2 were due to Accidents, and 14 were of persons over 65 years of age.

Infectious Diseases.

There were 45 notifications of Infectious Diseases during the year, compared with 56 last year.

The cases are as follows :—

DIPHTHERIA 6, compared with 8 last year.

ERYSIPELAS 4, compared with 1 last year.

SCARLET FEVER 33, compared with 46 last year.

ENTERIC FEVER 2, compared with 1 last year.

The cases of Diphtheria were notified from Finborough (4 cases), Stowupland and Haughley.

The cases of Erysipelas from Onehouse (2 cases), Buxhall and Stowupland.

The cases of Scarlet Fever from Old Newton (23 cases), Haughley, Wetherden, Combs and Stowupland.

The cases of Enteric Fever from Finborough and Onehouse.

Phthisis (P. H. Tuberculosis Act 1908).

There were 10 notifications of Phthisis under this act during the year, viz :

Three from the Union Workhouse, 2 from Stowupland, 2 from Combs, and 1 each from Buxhall, Haughley and Old Newton.

Factory Act,
1901.

The factories and workshops in the District to the number of 35, coming under this act, were inspected during the year, and were found to be in a satisfactory condition. Three written notices were sent with regard to nuisances, &c., and were complied with, (see Table II).

Water Supply.

The soil in this District is chiefly mixed loam and clay, with a sub-soil of heavy clay, except at Haughley and Wetherden where it is chiefly gravel.

Buxhall, Finborough, Gipping, Harleston, Onehouse, Shelland and Wetherden obtain their water for domestic purposes from shallow wells or ponds, always liable to pollution.

Haughley has a fairly good water supply from a well at the top of the street ; other parts of the village have ponds and a few private wells.

Combs from unsafe ponds and shallow wells, and 3 ponds made and kept up by the Council.

Old Newton from 1 deep well in the chalk (an absolutely safe supply), polluted ponds, a few private wells and 4 ponds made and kept up by the Council, also from surface field drainage.

Creeping from a deep well in the chalk, pumped up by a windmill into settling tanks ; this is the most satisfactory supply in the District.

Stowupland by 4 ponds made and kept up by the Council, a few shallow wells, and the Urban part of the village partly by the Stowmarket Water Works.

The ponds made by the Council are carefully inspected and cleaned out whenever necessary, and are kept fenced ; some as at Stowupland supply by pipes and pumps large areas ; they are of course not an absolutely safe source, but are infinitely superior to the filthy and polluted ponds that they have replaced.

House Ac-
commodation.

The chief occupation of the inhabitants of the District is agricultural. Cottage accommodation is very poor on the whole ; they are mostly badly built, damp and insufficiently ventilated. A few new cottages have been built during the year, two very good ones at Gipping for instance, but more are badly needed.

Sewerage and
Drainage.

The only sewers in the District are situated in the lower or Urban parts of Stowupland and Combs.

In Stowupland there is a total length of 4450 feet. There are 139 cottages in this part of the village, and of these 136 have been connected. A 30-feet Ventilation Shaft is to be erected on the highest part of sewer. In Combs there are 92 cottages, but the sewer does not reach all of them. There is a total length of 1300 feet ; 29 houses have been connected during the year, making 47 in all.

The sewage from these two systems is pumped on to the sewage farm, through an eleven-inch rising main into filtering tanks ; the sludge is separated and the effluent flows on to the land, then through ozier beds to the river. This sewage farm is worked by a joint committee with Stowmarket and this year shows a profit of £83 19s. 1d.

Cow Sheds
and Dairies.

During the year the Cowsheds and Dairies were inspected and were found on the whole to be in a satisfactory sanitary condition.

In one case a new cement floor was found to be necessary, and in one other some minor improvements were done after suggestions made.

Nuisances.

Fifteen official notices were served on owners to abate nuisances; 11 have been complied with and 4 remain over. Details as to these will be found under the headings of the various Villages.

Altogether 94 visits of inspection were made to the various villages during the year.

General Remarks.

Owing to the mild winter this has been an exceptionally healthy year, and, except the epidemic of Scarlet Fever at Old Newton, there has been very little Infectious Disease in this District.

The Birth Rate is well above the average (see Table I), and the Death Rate well below, and the absence of a Zymotic Death Rate for the last 2 years is very satisfactory.

The Infant Mortality is also very low, as will be seen on looking at the same Table, compared with former years. As before noted, Stowupland and Combs compare unfavourably in this respect with the rest of the District; this year the figures are 92 to 60, compared with 164 to 105 last year.

A great deal has been done this year at Stowupland, with regard to the drainage of the lower parts of the village near Stowmarket.

The Scarlet Fever at Old Newton was a continuation of the Epidemic of that disease which started in that village November, 1908; the last case occurred in June, 1909; altogether there were 67 cases in a population of 619; fortunately the disease was of a mild type, and there were no deaths.

The following details have reference to the various Villages in the District, the numbers in brackets refer to the population at the last census, and the area in acres.

BUXHALL (Population—402; Area—2523).

There were 11 Births, compared with 10 last year.

There were 7 Deaths, compared with 6 last year; 3 were of persons over 80 years of age; 1 was caused by Phthisis.

One case of Erysipelas was notified.

COMBS (1212; 2786).

There were 23 Births, compared with 27 last year.

There were 13 Deaths, compared with 14 last year; 3 were of infants under 1 year of age, 4 were of persons over 80; 1 was due to Phthisis.

Three cases of Scarlet Fever were notified.

In January, a case of overcrowding was reported from this village; the people were unable to get another house, but in May by magistrates' order they were ejected.

The drain from 4 cottages opened into a ditch by the roadside; notice was served on the owner to abate nuisance, and this has been done.

In connection with other cottages a heap of manure was causing a nuisance. Several Traps were condemned and a P. Vault ordered to be converted to Pail Closet. All the nuisances have since been abated and the work necessary done.

Owners in 2 instances have been served with notice to supply a proper water for domestic purposes, in one case a new protected pond is being constructed, in the other case nothing has been done.

CREETING ST. PETER (231; 1312).

There were 9 Births (1 illegitimate), compared with 6 last year.

There were 3 Deaths, compared with 5 last year; 1 was of an infant under 1 year of age, 1 a child of 11 and 1 of a person over 70.

No cases of Infectious Diseases have been notified from this village for the last 3 years.

One cottage was condemned as being so dilapidated as quite unfit for habitation.

FINBOROUGH MAGNA & PARVA (445; 367).

There were 8 Births, compared with 13 last year.

There were 5 Deaths, compared with 9 last year; 2 were of persons over 70 years of age.

One case of Enteric Fever was notified and 3 cases of Diphtheria.

The drains of 2 cottages (where 2 of the cases of Diphtheria occurred) were defective, and were re-constructed.

The drains of 3 cottages opened into a ditch causing a nuisance, this was abated after the owner was served with the usual notice.

GIPPING (39; 1104).

There were 2 Births, the same as last year, and no Deaths, also the same as last year.

The Children's Home was visited by the inspector during the year, and was reported to be in a fairly sanitary condition; complaints had been received about the water supply, which remains as reported on some years ago, and the children have to go $1\frac{1}{2}$ miles for good water.

HARLESTON (64; 615).

There were 3 Births, compared with none last year; and there were no Deaths.

HAUGHLEY (738; 2485).

There were 28 Births (2 illegitimate), compared with 20 last year.

There were 13 Deaths, compared with 14 last year; 2 were of infants under 1 year of age, 4 were of persons over 70 (1 being 94).

Two cases of Scarlet Fever, and 1 of Diphtheria were notified.

A cottage was reported on as being in a filthy state and was ordered to be cleaned, this has been done.

The drains of another cottage were defective and un-trapped.

Two of the public ponds had to be cleaned out, and lime added to clean the water during the year.

OLD NEWTON (619; 2848).

There were 18 Births, compared with 16 last year.

There were 7 Deaths, compared with 5 last year; 2 were of infants under 1 year of age, and 1 of a person over 70; 2 were caused by Phthisis.

The Epidemic of Scarlet Fever started last year, continued during the first half of this year, 23 cases were notified during the year, none since July. Several cases were notified in the same houses after "disinfection" for previous cases, and undoubtedly a great deal of carelessness and ignorance was displayed during the epidemic.

Owners were served with notices to abate nuisances in 2 instances:—

The drains of 4 cottages broken and sewage overflowing across road.

The drains of the Vicarage overflowing into the road.

ONEHOUSE (99; 898).

There were 8 Births, compared with 9 last year; 3 were illegitimate.

There was 1 Death, compared with 3 last year; and that of an infant under 1.

No cases of Infectious Diseases were notified, and no nuisances were reported.

SHELLAND (89; 540).

There were 3 Births, compared with 1 last year.

There were no Deaths, compared with 2 last year.

No cases of Infectious Diseases were notified, and no nuisances were reported.

WETHERDEN (400; 1830).

There were 12 Births, compared with 17 last year.

There were 4 Deaths, compared with 4 last year; 2 were of persons over 70; and one was caused by Phthisis.

Two cases of Scarlet Fever were notified, probably connected with the epidemic at Old Newton.

The P. Vault connected with 2 cottages was reported as out of repair, and the owner was served with the usual notice; nothing has been done.

The P. Vault connected with another cottage was defective and overflowing into the river; this has been converted into Pail Closet.

In another instance a nuisance was caused by blocked drains, and the owner served with notice to abate.

UNION WORKHOUSE (135).

There were 20 Deaths, compared with 22 last year; 10 were of persons over 70 years of age; 4 were caused by Phthisis.

Three of these Deaths were of persons belonging to London, 7 to the Thedwastre District, 4 to Stowmarket, 1 to Felixstowe, and the remaining 5 to the East Stow District.

One case of Erysipelas was notified, and 1 case of Enteric Fever brought in from Ashfield, which ended fatally.

STOWUPLAND (1326; 2840).

There were 31 Births (1 illegitimate), compared with 30 last year.

There were 12 Deaths compared with 19 last year; 2 were of infants under 1, 4 were of persons over 70; 3 were caused by Phthisis, and 1 was accidental.

One case of Diphtheria was notified, 1 case of Erysipelas and 2 cases of Scarlet Fever.

The nuisance caused by 2 cottages being drained into the river, reported in 1906 has this year after much trouble been abated. Twelve cottages have had drains re-constructed and laid into sewer. Nuisances caused by drains opening into ditches in two instances have been abated after the owners were served with the usual notices.

In conclusion, I have to acknowledge the help I have received from the Sanitary Inspector, and to thank the Chairman and Members for the considerate manner in which they have received my suggestions during the year.

I have the honour to remain, Gentlemen,

Your obedient Servant,

CHAS. W. LOW, M.B., D.P.H.,

Medical Officer of Health.

Table I shows the estimated population, and Birth and Death Rates for the last 10 years.

Table II refers to the Factories Act.

Table III shows the cases of Infectious Diseases notified, and particulars as to age.

Table IV shows the causes of, and ages at Death during the year.

Table V gives the details of the Infant Mortality.

TABLE I.
Vital Statistics of Whole District during 1909 and previous Years.

| Year. | Population estimated to middle of each year. | Births. | | Total Deaths registered in the District. | | | | Total deaths in Public Institutions in the District. | Deaths of Non- residents registered in Public Institutions in the District. | Deaths of Residents registered in Public Institutions beyond the District. | Nett Deaths at all Ages belonging to the District. | |
|------------------------------------|---|---------|--------|---|--|--------------|--------|--|--|---|---|--------|
| | | | | Under 1 yr. of age | | At all Ages. | | | | | Number | Rate.* |
| | | Number | Rate.* | Number | Rate per 1,000 Births registrd. | Number | Rate.* | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 1899 | 6100 | 165 | 27.0 | 20 | 121 | 97 | 15.7 | 19 | 14 | | 83 | 13.6 |
| 1900 | 6100 | 139 | 22.5 | 12 | 86 | 89 | 14.5 | 15 | 11 | | 78 | 12.7 |
| 1901 | 5929 | 158 | 26.6 | 16 | 101 | 111 | 18.7 | 20 | 16 | | 95 | 16.0 |
| 1902 | 5926 | 179 | 30.2 | 13 | 86 | 99 | 16.7 | 12 | 6 | 1 | 94 | 15.8 |
| 1903 | 5907 | 158 | 26.9 | 17 | 106 | 88 | 14.8 | 11 | 8 | | 80 | 13.8 |
| 1904 | 5890 | 160 | 27.1 | 18 | 112 | 82 | 13.9 | 16 | 11 | | 71 | 12.0 |
| 1905 | 5875 | 138 | 23.4 | 20 | 144 | 90 | 15.3 | 13 | 7 | | 83 | 14.1 |
| 1906 | 5860 | 148 | 25.2 | 18 | 121 | 95 | 16.2 | 20 | 14 | 1 | 82 | 13.9 |
| 1907 | 5845 | 147 | 24.9 | 19 | 129 | 80 | 13.6 | 9 | 5 | | 75 | 12.8 |
| 1908 | 5830 | 152 | 26.0 | 16 | 105 | 102 | 17.4 | 22 | 18 | 2 | 86 | 14.7 |
| Averages for years 1899-1908 | | | 25.9 | | 111 | | 15.6 | | | | | 13.9 |
| 1909 | 5815 | 153 | 26.3 | 11 | 71 | 85 | 14.6 | 20 | 15 | 2 | 72 | 12.3 |

*Rates in Columns 4, 8, and 13 calculated per 1,000 of estimated population.
Area of District in acres (exclusive of area covered by water) .. 21200.
Total Population at all ages at Census of 1901 5926.
Number of inhabited houses 1345.
Average number of persons per house 4.4.

TABLE II.
Factories 5. Workshops 30.
Defects 3. Insufficient Sanitary Accommodation 2 (Remedied).
Other Nuisances 1 „

TABLE III.

Cases of Infectious Disease notified during the Year 1909.

| NOTIFIABLE DISEASE. | CASES NOTIFIED IN WHOLE DISTRICT. | | | | | | |
|---------------------|-----------------------------------|----------------|--------|---------|----------|----------|-----------------|
| | At all ages. | At Ages—Years. | | | | | |
| | | Under 1 | 1 to 5 | 5 to 15 | 15 to 25 | 25 to 65 | 65 and upwards. |
| Diphtheria | 6 | | | 4 | 1 | 1 | |
| Erysipelas | 4 | | | | | 1 | 3 |
| Scarlet Fever | 23 | 1 | | 24 | 3 | 1 | |
| Enteric Fever | 2 | | | 1 | | 1 | |
| Puerperal Fever .. | | | | | | | |
| Totals | 45 | 1 | | 29 | 4 | 4 | 3 |

TABLE IV.

Causes of, and Ages at, Death during the Year 1909.

| CAUSES OF DEATH. | Deaths at the subjoined ages of 'Residents' whether occurring in or beyond the District. | | | | | | | Total Deaths whether of Residents or Non "Residents" in Public institutions in the District. |
|---------------------------------------|--|--------------|----------------|-----------------|------------------|------------------|-----------------|--|
| | All Ages. | Under 1 year | 1 and under 5. | 5 and under 15. | 15 and under 25. | 25 and under 65. | 65 and up-wards | |
| Whooping-cough | | | | | | | | |
| Diphtheria | | | | | | | | |
| Enteric Fever | | | | | | | | 1 |
| Diarrhœa | | | | | | | | |
| Phthisis | 8 | | | 1 | | 6 | 1 | 3 |
| Other Tuberculous Diseases .. | | | | | | | | 1 |
| Cancer | 6 | | | | | 3 | 3 | 4 |
| Bronchitis | 7 | 1 | 2 | | | 1 | 3 | 3 |
| Pneumonia | 5 | | | | 1 | 2 | 2 | 1 |
| Premature Birth | 6 | 6 | | | | | | |
| Diseases and Accidents of Parturition | | | | | | | | |
| Heart Diseases | 10 | | | | | 4 | 6 | 3 |
| Accidents | 2 | | | | | 1 | 1 | |
| Suicides | | | | | | | | |
| All other causes | 28 | 4 | | 1 | | 9 | 14 | 4 |
| All causes | 72 | 11 | 2 | 2 | 1 | 26 | 30 | 20 |

TABLE V.
 INFANTILE MORTALITY DURING THE YEAR 1909.
 Deaths from stated Causes in Weeks and Months under One Year of Age.

| CAUSES OF DEATH. | | | | Under 1 week | 1-2 Weeks | Total under 1 Month | 1-2 Months | 2-3 Months | 3-4 Months | 4-5 Months | 7-8 Months | 9-10 Months | Total Deaths under One Year |
|-----------------------------|-------------|----|----|--------------|-----------|---------------------|------------|------------|------------|------------|------------|-------------|-----------------------------|
| ALL CAUSES | certified | .. | .. | 8 | 1 | 9 | | 1 | | | 1 | | 11 |
| „ | uncertified | .. | .. | | | | | | | | | | |
| Whooping Cough | .. | .. | .. | | | | | | | | | | |
| Premature Birth | .. | .. | .. | 4 | 1 | 5 | | | | | | | 5 |
| Congenital Defects | .. | .. | .. | | | | | | | | | | |
| Injury at Birth | .. | .. | .. | | | | | | | | | | |
| Atrophy, Debility, Marasmus | .. | | | 3 | | 3 | | | | | | | 3 |
| Convulsions | .. | .. | .. | | | | | 1 | | | | | 1 |
| Bronchitis | .. | .. | .. | | | | | | | | 1 | | 1 |
| Other Causes | .. | .. | .. | 1 | | 1 | | | | | | | 1 |

| | | | | | | | |
|--|---|----------------------|----|----|----|----|-------|
| Population estimated to middle of 1909 | | | | .. | .. | .. | 5815. |
| Births in the year | } | legitimate | .. | .. | .. | .. | 144. |
| | | illegitimate | .. | .. | .. | .. | 9. |
| Deaths in the year of | } | legitimate infants | .. | .. | .. | .. | 11. |
| | | illegitimate infants | | .. | .. | .. | 0. |
| Deaths from all Causes at all Ages | | | | .. | .. | .. | 85. |